



Scale Back Alabama

Kicks Off Jan 21, 2012

The David L. Bodenhamer Recreation Center will serve as a weigh in site for Scale Back Alabama. Scale Back Alabama, now in its sixth year helps to encourage Alabamians to lose weight, exercise and to have fun while doing it.

Scale Back Alabama Rules:

- Contest lasts 10 weeks
- Teams consist of 4 individuals
- Each team member will have a goal of losing 1 pound per week
- Individual beginning & ending weights will be kept for each team

Registration and weigh-ins will be held at the David L. Bodenhamer Recreation Center:

January 21	8:00 am - 6:00 pm
January 22	1:00 pm - 6:00 pm
January 23 - 27	7:00 am - 8:00 pm

For more information on the statewide contest, along with weight-loss tips and other resources, visit www.scalebackalabama.com.

FIND US ON



BODENHAMER RECREATION CENTER
310 W. 19TH AVENUE
251-968-1420

